STALEY'S

Selected RECIPES

Staley's
SORGHUM FLAVORED
SYRUP
Staley's
Staley's
CORN STARCH
Staley's
GOLDEN TABLE
SYRUP
Staley's
MAPLE FLAVORED
SYRUP
Staley's
CRYSTAL WHITE
SYRUP

STALEY'S *selected* RECIPES

No matter how many recipe books you have in your kitchen, you will find this one quite different from all the rest. While many unusual recipes are contained in this book, most of them are simple and easy to prepare. If you would like for your friends to have copies, tell them to write for a free copy of "Staley's Selected Recipes" to Grace Viall Gray, Staley Sales Corp., Decatur, Illinois.

Grace Viall Gray

famous authority on foods

GRACE VIALL GRAY
Famous Authority on Foods

The recipes in these pages were **selected** with unusual care. That is why we call the book "Staley's Selected Recipes." Each recipe has been completely prepared and critically tasted before being approved by the well known authority on foods, Grace Viall Gray.

Some are recipes obtained from famous chefs—some from leading food authorities. Some of them came from housewives whose families vow they are the grandest cooks in the world. Many were brought from the treasury of Mrs. Gray's own memory.

New flavor effects and unusual results have been obtained through the use of Staley's Syrups which are obtainable in four distinct flavors.

In some recipes, as in Angel Food cake, Staley's syrup makes possible a cake that is moist and tender. Staley's Syrups keep icings and candies from turning to sugar. Because Staley's Syrup is so easily digested, doctors are not only recommending it in infant feeding diets, but for children and grown-ups as well.

Just a word of caution—Be sure to use Staley's Syrups and Starches where they are indicated in the recipes if you want successful results.

Hot Breads

What is better than hot breads for lunch or breakfast and occasionally for dinner?

The combination of cornstarch with an all-purpose flour makes breads so tender that they actually—to quote the ancient saying—melt in your mouth! The proportion of cornstarch with flour has been carefully worked out for the following recipes, and you will find them most successful if you will follow them accurately.

Biscuits, corn bread and waffles will be tender and crisp. The griddle cakes, fritters and muffins will be soft and tender. Served with Staley's Syrups—any flavor—they are more than delicious.

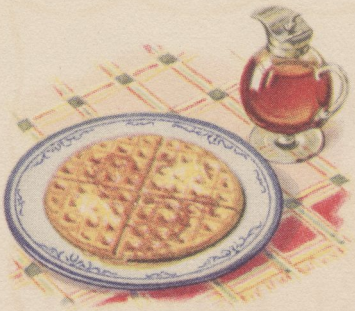
BISCUITS WITH CHEESE

1½ cups flour
¼ cup Cream Corn Starch
4 teaspoons baking powder
¾ teaspoons salt
6 oz. cheese
½ cup milk or more

Mix and sift dry ingredients and rub in the cheese. Add milk enough to make a soft dough. Turn out on board and roll one inch thick. Cut into rounds and bake in hot oven 425 degrees F. 10-12 minutes.

RECIPES SERVE SIX

It is important that everyone using this recipe book should know the quantity of food in each finished recipe. The recipes in this book have been worked out so that the complete finished recipe contains food to serve average portions to six people. This would mean two portions for three people. If the size of the recipe is too large it can be cut in half by dividing each ingredient by two.



WAFFLES

1¾ cups flour
¾ cup Cream Corn Starch
½ teaspoon salt
2 eggs (well beaten)
2 cups milk
⅓ cup melted shortening or oil

Mix and sift dry ingredients. Beat egg, add milk and stir in all dry ingredients at once. Add melted shortening or oil. If an unsalted shortening is used, increase salt to one teaspoon. Bake in hot waffle iron until no steam escapes at closing of mold. Serve with Staley's Maple, Golden or Sorghum Syrup.

BRAN MUFFINS

2 tablespoons butter
¼ cup Staley's Sorghum Flavored Syrup
1 egg
2 tablespoons Cream Corn Starch
1¾ cups flour
½ teaspoon soda
¼ teaspoon salt
1 teaspoon baking powder
1 cup sour milk
1 cup bran

Cream butter and Sorghum Syrup, mix well and add the egg. Mix and sift flour, cornstarch, soda, baking powder and salt. To the creamed mixture add the bran, then the milk, alternately with sifted dry ingredients. Pour into greased muffin pans, and bake in a moderate oven 375 degrees F. 20-25 minutes.

SOUTHERN GINGERBREAD

1 cup Staley's Sorghum Flavored Syrup
¼ cup shortening
¾ cup boiling water
2¾ cups flour
¼ cup Cream Corn Starch
1 teaspoon soda
1 teaspoon salt
1½ teaspoons ginger
½ teaspoon each cinnamon and cloves

Combine ingredients in the order given. Beat and transfer to a medium-sized oiled dripping pan. Bake 30 minutes in a moderate oven (350°F).

RUSSIAN GRIDDLE CAKES

Bake large griddle cake of a thin mixture. (Use Griddle Cake recipe and thin slightly). Have ready thin rolls of cheese or cottage cheese and roll a griddle cake around each. Serve at once with Staley's Crystal White or Golden Table Syrup.

FLUFFY BISCUITS

1½ cups flour
½ cup Cream Corn Starch
2 teaspoons baking powder
¾ teaspoon salt
4 tablespoons shortening
¼—½ cup milk

Mix and sift dry ingredients and rub in the shortening. Add milk enough to make a soft dough. Turn out on board and roll one inch thick. Cut into rounds and bake in hot oven 425 degrees F. 10-12 minutes. This recipe may also be used for short cakes and cobblers if ¼ cup of sugar is mixed with the flour.

PLAIN MUFFINS

1½ cups flour
¼ cup Cream Corn Starch
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons Staley's Crystal White Syrup
1 egg
1 cup milk
2 tablespoons melted butter

Mix and sift dry ingredients. Beat egg, add milk and stir gradually into the dry ingredients. Add syrup and melted fat and fill the greased gem or muffin pans ¾ full. Bake 20-30 minutes in moderate oven 375 degrees F. Serve with your favorite Staley's Syrup.

WHOLE WHEAT NUT BREAD

2 cups whole wheat or graham flour
2 cups white flour
1 tablespoon shortening
1 teaspoon salt
1 teaspoon baking powder
2 cups sour milk
1 egg
1 cup chopped nut meats
½ package stoned dates cut fine
1 teaspoon soda
1 cup Staley's Crystal White Syrup

Mix dry ingredients, blend in shortening. Add nuts and dates. Combine syrup, sour milk, and slightly beaten eggs. Add liquid to dry ingredients, stir thoroughly. Pour in oiled bread pans and let stand 15 minutes. Bake 1 hour in moderate oven (350° F.).

RICH MUFFINS

¼ cup butter
½ cup syrup
1 egg
¾ cup sour milk
½ teaspoon salt
¼ cup Cream Corn Starch
1½ cups flour
1 teaspoon baking powder
½ teaspoon soda

Cream butter with sugar and add well beaten egg. Sift baking powder, soda and salt with flour and add to the first mixture, alternating with milk. Bake in greased gem or muffin pans 25-30 minutes in a moderate oven 375 degrees F.

FRITTER BATTER

1 cup flour
¼ cup Cream Corn Starch
2 teaspoons baking powder
2 tablespoons powdered sugar
⅔ cup milk
1 egg beaten
1 cup fruit or vegetables
¼ teaspoon salt

Mix and sift dry ingredients. Combine milk and well beaten egg, add dry ingredients all at once, and beat until smooth. Add one cup of sliced fruit or vegetables and drop into deep hot fat 365 degrees F. and fry until brown. Serve with Staley's Syrup, any flavor.

Luncheon Dishes

So many luncheon dishes are made from a white sauce foundation that a whole army of good recipes could be included in this section. A few recipes which can be varied in a number of ways have been chosen as typical ways of putting a delicious sauce to work.

Staley's Syrup adds a touch of flavor, sweetness and texture to the following dishes which make them unusually appetizing.

MEAT CROQUETTES

2 tablespoons butter
½ cup Cream Corn Starch
1 cup milk
1 teaspoon onion juice
½ teaspoon salt
¼ teaspoon mustard
Pepper
2 cups ground or minced cooked meat
2 cups sifted dry crumbs
1 egg beaten
2 tablespoons water
Staley's Cooking oil for frying

Melt butter, stir in corn starch and cook two minutes, stirring constantly. Stir in milk and seasoning and stir over fire until thick and smooth. Boil one minute, stirring constantly. Add meat, and spread mixture on platter to chill. Form into cones or into rolls. Dip crumbs, then egg beaten with water and into crumbs again. Fry in deep hot Staley's Cooking Oil (385 degrees F.) until light brown and drain on soft paper.

SEA-FOOD CROQUETTES

Use canned lobster, crab or salmon instead of meat in above recipe adding additionally one teaspoon of lemon juice and one half teaspoon of Worcestershire sauce.

CREAMED CHICKEN

2 cups white sauce
2 cups diced chicken
½ cup canned or boiled mushrooms
Seasoning
1 Pimento
6 slices toast—patty shells—or bread cases

Make double recipe of White Sauce (Page 13). Add chicken, mushrooms, salt, pepper and nutmeg, and re-heat. Add more seasoning if necessary. Serve on buttered toast in patty shells, or bread cases and garnish with strips of pimento. Two egg yolks may be beaten into the mixture just before serving. To make bread cases, cut bread in oblong pieces 3x2x2, remove center with a sharp knife and fry in deep hot cooking oil a golden brown.

GLAZED BEETS

2 tablespoons butter
¼ cup Staley's Golden Table Syrup
2 tablespoons vinegar
2 cups cooked or canned beets
¼ teaspoon salt

Melt butter, add syrup and cook, stirring constantly until thick. Add cooked beets, salt and vinegar and cook five minutes.

CORN OYSTERS

2 cups grated fresh or canned corn
2 eggs
½ cup flour
2 tablespoons Cream Corn Starch
1 teaspoon salt
Pepper
3 tablespoons melted shortening

Mix ingredients in order given and drop by spoonfuls on a hot griddle and fry on both sides. Serve with chicken or any other meat gravy.

CANDIED SWEET POTATOES

6 Sweet Potatoes
1 cup Staley's Golden Table Syrup
½ teaspoon salt
2 tablespoons butter

Pare potatoes and cut into thin strips. Place in a greased baking dish. Add other ingredients, cover and bake in a slow oven 300 degrees F. about one hour and a half, until potatoes are tender. Uncover and brown.

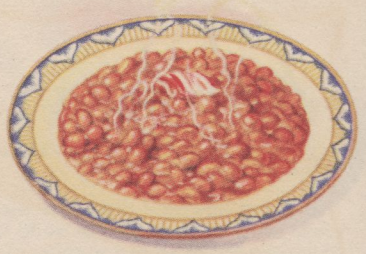
MACARONI WITH CHEESE

1 package of Macaroni
3 cups white sauce
1 cup strained soft cheese
1 teaspoon mustard
1 cup buttered crumbs

Cook macaroni in boiling salted water until tender. Drain and rinse with cold water. Make white sauce (page 13), add cheese and mustard and stir until cheese melts. Add macaroni and re-heat. Serve on a platter and sprinkle with buttered crumbs.

IMPORTANT

When recipes call for Cream Corn Starch and it is not available, Staley's Corn Starch will give satisfactory results in any of the recipes in this book.



BAKED BEANS

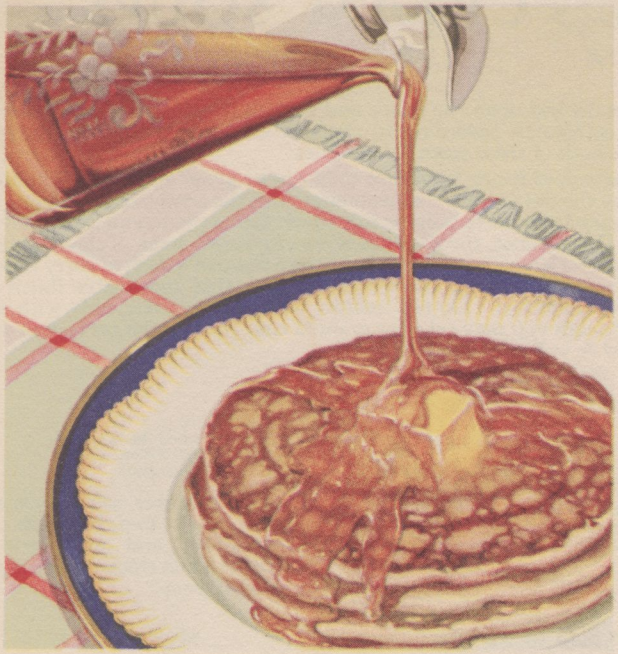
1 quart small soup beans
1 lb. salt pork
¾ cup Staley's Sorghum Flavored Syrup
1 tablespoon salt
1 teaspoon mustard
1 cup water

Soak beans in cold water over night. Drain, cover with water and cook slowly until skins begin to burst. Drain and put in bean pot or casserole with salt pork cut into several pieces. Mix sorghum seasoning and water. Pour over beans. Cover and bake 6 to 8 hours in a slow oven 250 degrees F. Add more water if necessary. Uncover and brown.

CRAB BISQUE

1 cup canned crab meat
3 cups milk
2 slices onion
3 tablespoons butter
1½ tablespoons Cream corn starch
¾ teaspoon salt
Pepper
Nut-meg or curry powder

Rub fish through sieve. Scald milk with onion. Add fish, butter and corn starch cooked together two minutes and season with salt, pepper, and nutmeg. Stir until smooth and thick, boil three minutes and serve with whipped cream sprinkled with paprika. Salmon, lobster or tuna fish may replace the crab.



TRY THIS DELICIOUS COMBINATION:

What a treat! Piping hot wheat cakes drenched with delicious Staley's Golden Syrup. Surprise the family with this delightful combination for breakfast tomorrow morning. Or serve tonight for dinner. Pancakes and syrup are becoming popular as an evening meal in many families. Staley's Golden Table Syrup adds just the right touch of deliciously different flavor. An appetizing, healthful meal for several persons can be provided for a few cents.

CREAM SOUPS

Soups depend upon the flavor and smooth texture for their success. The use of cornstarch according to the method advised in these recipes will produce both of these essential qualities.

The standard recipe for cream soup can be given all kinds of variations in flavor by the use of different seasonings, with the combination of white sauces and strained vegetable pulp or fish which forms the foundation of all cream soups. For instance, the addition of nutmeg to pea soup, of cloves or bay leaf to tomato, of lemon juice or horseradish to bean, of a dash of curry to salmon, of Worcestershire sauce to celery, will give that indefinable flavor which makes it individual. Do not hesitate to experiment discreetly with seasonings although you may take for granted that the foundation recipes are well seasoned as well as of good texture.

STANDARD RECIPE FOR CREAM SOUPS

1½ to 2 cups of vegetable pulp
3 tablespoons butter
1½ tablespoons Cream corn starch
Pepper
3 cups milk cooked
Seasoning to taste
1 teaspoon salt

Cook vegetables with salted water to cover, until they are tender. Rub through a sieve and add the pulp to the white sauce. Add the seasoning and more milk if necessary. Spinach, lettuce, onion, corn, peas and other vegetables may be used. To make sauce, melt butter, stir in corn starch and seasoning and cook two minutes stirring constantly. Stir in milk and stir over a low fire until thick and smooth. Boil two minutes, stirring constantly.

CREAM OF VEGETABLE SOUP

3 tablespoons butter
1½ tablespoons Cream corn starch
1 tablespoon onion minced
Salt
Pepper
3 cups milk
½ cup cooked diced carrots
½ cup cooked diced celery
½ cup cooked peas

Melt butter, stir in corn starch, and cook two minutes. Add seasoning and milk, stir until smooth and thick. Add vegetables and re-heat.

MUSHROOM SOUP

2 cups sliced mushrooms
4 tablespoons butter
2 tablespoons Cream corn starch
Pepper
2 cups milk
2 cups Mushroom stock
¾ teaspoon salt

Slice and chop fine mushrooms, caps and tender parts of stems, and cook three minutes in butter. Add corn starch, salt and pepper and stir well until blended. Add milk and stock and stir until thick and smooth. Add more seasoning if necessary. Serve and sprinkle with paprika or nutmeg.

Be famous for your

SAUCES

A smooth creamy sauce of fine flavor is a certainty if cornstarch is used as a thickening **in the proper way.** Note that last part of the sentence and note the method used in all the recipes for sauces.

You may substitute cornstarch for flour in any sauce recipe if you halve the quantity and use the method described in the recipes for combining the cornstarch with the butter.

TOMATO SAUCE

2 tablespoons butter or Staley's salad oil
1 teaspoon chopped onion
1½ tablespoons Cream Corn Starch
1½ cups water
Nutmeg
½ cup tomato paste of pepper sauce
cloves to taste
1 teaspoon salt

Cook onion in butter and stir in corn starch. Cook two minutes stirring constantly. Add water, tomatoes and seasoning. Boil four minutes, stirring constantly until thick and smooth.

BROWN GRAVY

After the roast is cooked remove from pan. Pour off extra fat, leaving about one fourth cup in pan. Stir into the fat three tablespoons of Cream corn starch and cook two minutes stirring constantly. Add two cups of water and stir over fire until smooth and thick. Add seasoning if necessary and more water if a thinner gravy is desired.

CARAMEL SAUCE

¾ cup brown sugar
¾ cup Staley's Golden Table Syrup
1 tablespoon Cream Corn Starch
¼ cup cold water

Mix syrup and sugar and bring to a boil. Mix corn starch to a paste with cold water and stir into syrup. Boil three minutes, stirring constantly. Remove from fire and cool. Serve with pudding or ice cream.

WHITE SAUCE

2 tablespoons butter
1 tablespoon Cream Corn Starch
1 cup milk
½ teaspoon salt
Pepper

Melt butter, stir in corn starch and seasoning and cook two minutes stirring constantly. Stir in milk and stir over a low fire until thick and smooth. Boil two minutes, stirring constantly. Half cup of vegetable or meat stock may replace same amount of milk. Serve with diced cooked vegetables or meat or fish for creamed or scalloped dishes. Other seasonings such as nutmeg, mustard, Worcestershire sauce and lemon juice may be added, according to the food used with the sauces. A beaten egg yolk may be stirred into the sauce just before serving. This is especially good with creamed chicken and lobster.

THE BEST CORN SYRUP FOR BABY IS "STALEY'S"

ACCEPTED AMERICAN MEDICAL ASSN. Committee on Foods

Only the purest ingredients are used in Staley's Syrups and because of extreme care in manufacture, they are especially recommended for baby feeding.

Leading baby doctors agree that a few spoonfuls of corn syrup mixed with clean cow's milk or unsweetened evaporated milk makes about the best substitute for Mother's milk yet discovered. Of course Mother's milk is best, but when Mother's milk is not available, Staley's Corn Syrup is recommended as the preferred "carbohydrate" to be added to cow's milk.

In all cases where Corn Syrup is prescribed, either Staley's Golden Table Syrup (blue label) or Staley's Crystal White Syrup (red label) is recommended for baby's formula in the same amounts as any ordinary corn syrup.

Both Staley's blue label and red label syrups have been accepted by the Committee on foods of the American Medical Association, acting officially for their membership of 90,000 doctors.

Staley's Syrups are available at your grocery store and cost only a fraction as much as expensive patented baby foods. If further information is desired please write to: STALEY SALES CORPORATION, DECATUR, ILLINOIS.

DESSERTS

So many delicious desserts depend upon cornstarch for making them mold in attractive forms or for thickening soft custard, to just the right texture. Then there are those flaky short cakes and cobblers which are made with the addition of some cornstarch to the flour in mixing them.

With baked or stewed fruit which may serve either as dessert or as a breakfast fruit, you will find that Staley's Golden Table Syrup gives the delicate sweetening which is just right for fruit.

CINNAMON APPLES

1 cup Staley's Crystal White Syrup
½ cup "red hots"
6 or 8 apples

Core and peel whole firm apples. Bring Syrup and red hots to the boiling point. Use a deep pan so that apples are immersed in syrup, cooking only four at a time if necessary until tender. Allowing apples to cool in the syrup will insure a brighter red color. Some of the peelings cooked with the apples make a pretty garnish. Serve with or without whipped cream.

BLANC MANGE

3 cups milk
4½ tablespoons Cream corn starch
¼ cup brown sugar
¼ teaspoon salt
¼ cup Staley's golden syrup
1 teaspoon vanilla

Scald 2½ cups of milk in a double boiler. Mix corn starch, sugar and salt and stir in ½ cup cold milk. Stir this mixture into the hot milk and stir until mixture thickens. Add Syrup. Cover and cook over hot water 15 minutes. Stir in vanilla and turn into a mold and chill. Turn out of mold and serve with chocolate or caramel sauce.

CHOCOLATE CORN STARCH PUDDING

3 squares chocolate
¼ cup cold water
3 cups milk
½ cup sugar
5 tablespoons Cream corn starch
¼ teaspoon salt
¼ cup Staley's Golden Table Syrup
1 teaspoon vanilla
Whipped cream.

Cut chocolate into top of double boiler and add water. Stir over direct heat until blended. Mix sugar, cornstarch and salt, with half cup of milk and add to chocolate mixture. Add rest of milk and syrup and stir over hot water until thick and smooth, cover and cook 15 minutes. Remove from fire, add vanilla. Place in mold and chill. Serve with whipped cream.

PINEAPPLE PUDDING

⅓ cup Cream corn starch
¼ cup sugar
¼ teaspoon salt
¼ cup cold water
2¼ cups pineapple juice and water
1 tablespoon lemon juice
1 cup crushed pineapple
3 egg whites beaten

Mix corn starch, sugar and salt and dilute with cold water. Add pineapple juice and boiling water and cook in double boiler stirring constantly until mixture thickens. Cool slightly, add lemon juice, pineapple and beaten egg whites and pour into mold to chill and set. Serve with custard or whipped cream.

PRUNE PUDDING

1 pound prunes
2 slices lemon
1 stock cinnamon
Water to cover
½ cup Staley's Golden Table Syrup
3 tablespoons Cream corn starch
¼ cup cold water

Wash prunes and put into a sauce pan. Add lemon, cinnamon and water, cover and cook slowly until soft, about 20 minutes. Remove from fire and strain. Add syrup to juice and add enough water to make 2¼ cups. Stone prunes, add to liquid and bring to a boil. Mix corn starch, with ¼ cup of cold water to a smooth paste, stir into prune mixture and cook over hot water 15 minutes or until transparent.

APRICOT PUDDING

½ pound dried apricots
½ cup Staley's Golden Table Syrup
3 tablespoons Cream corn starch
¼ teaspoon salt
¼ cup cold water
2¼ cups apricot juice and water

Wash apricots, add water, cover and cook until tender, about 15 minutes and strain. Add syrup to the juice and enough water to make 2¼ cups. Add apricot pulp to liquid and bring to a boil. Mix corn starch with ¼ cup of cold water to a smooth paste and stir into mixture and cook over hot water 15 minutes or until transparent.

STEWED APRICOTS

1 pound apricots
1 cup Staley's Golden Table Syrup
Water to cover

Wash apricots, add water, cover and cook until tender, about fifteen minutes. Add syrup, recover and when cool uncover and chill.

CORN STARCH PASTRY

¾ cup flour
2 tablespoons Cream corn starch
½ teaspoon salt
3 tablespoons shortening
Water

Mix flour, corn starch and salt. Cut in shortening. Add enough water (1 tablespoon at a time) to make a stiff dough and chill thoroughly. Toss on a floured board and roll to fit the pan.

LEMON MERINGUE PIE

2 egg yolks
½ cup sugar
¼ cup Cream corn starch
½ cup Staley's Crystal White Syrup
1¾ cup boiling water
2 tablespoons butter
⅓ cup lemon juice and rind
2 egg whites beaten
½ cup powdered sugar

Beat egg yolks and stir in sugar, cornstarch and syrup. Stir in boiling water, butter, lemon juice and rind and cook until thick, stirring constantly. Remove from fire and cool. Fill baked pastry shell. Cover with meringue made by beating whites of eggs and adding powdered sugar. Bake in slow oven 300 degrees F. about 15 minutes or until brown.

BAKED APPLES

Core six apples and pare skin one inch from the top. Place in a shallow baking pan and pour around them one half cup Staley's Golden Syrup mixed with the same amount of water. Bake in a hot oven 425 degrees F. until tender, about 30 minutes, basting occasionally with the syrup. Add more water if necessary. The center of the apple may be stuffed with seeded raisins or with cut dates. Cloves may be stuck in the apples.

GLAZE FOR FRUIT TARTLETS

½ cup berries or any fruit mashed and strained
½ cup water
2 tablespoons Staley's Crystal White Syrup
⅛ teaspoon salt
1 tablespoon sugar
1 tablespoon Cream corn starch

Crush berries and strain. Add water, syrup and sugar. Rub corn starch to a smooth paste with a little cold water. Add to mixture and stir over direct heat until smooth and clear. Fill baked tart shells with berries or sliced fruit and cover with glaze.

STEWED PRUNES

1 pound prunes
Water to cover
1 stick cinnamon
2 slices lemon
½ cup Staley's Golden Table Syrup

Wash prunes, cover with water, add lemon and cinnamon. Cover and cook slowly about twenty minutes until tender. Add syrup, re-cover until cool.

STALEY'S SURPRISE PIE

2 cups Staley's Golden Table Syrup
2 tablespoons Cream Corn Starch
¼ teaspoon vanilla
2 eggs
Few grains salt

Beat the egg yolks, add syrup, cornstarch, vanilla and salt. Mix thoroughly. Fold in egg whites beaten stiff. Pour into unbaked pie shell. Put criss-cross strips of crust over the top. Bake from 25 to 30 minutes in a hot oven (375°F). Pecans or walnuts may be added or placed on top if desired.

CAKE

To make fine cakes is an art. Every step in the process of mixing is important for the perfect results which should be obtained from the use of good materials for cakes. The use of Cream Cornstarch in proper proportions with bread flour makes it possible to produce a cake fine and tender in texture and delicious in flavor. In any of your own recipes for cake you may substitute ¼ cup of cornstarch for ½ cup of the total amount of flour indicated in the recipe.

SPONGE CAKE

½ cup cake flour
3 tablespoons Cream corn starch
¾ teaspoon cream tarter
1 cup Staley's Crystal White Syrup
½ cup sugar
6 egg whites stiffly beaten
½ teaspoon salt
6 egg yolks beaten light
1½ teaspoons vanilla

Mix and sift flour and corn starch and add cream of tarter. Boil sugar and syrup until it spins a thread (238 deg. F.) Pour hot syrup in fine stream over egg whites to which salt has been added beating constantly. Continue beating as mixture cools. Fold in egg yolks. Fold in flour mixture gradually. Add vanilla. Pour into ungreased tube pan and bake in slow oven 325 degrees F. 1 hour. Remove from oven and invert pan until cold.

DEVILS FOOD

½ cup shortening
¾ cup brown sugar
1 cup Staley's Golden Table Syrup
½ cup sour milk
2 egg yolks
1 egg white
¾ cup all purpose flour
3 tablespoons Cream corn starch
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon soda
1 cup cocoanut
3 squares chocolate (melted)

Cream shortening and sugar together and add egg yolks. Mix milk and syrup add alternately with sifted dry ingredients. Fold in cocoanut and melted chocolate and add the beaten egg white. Bake in two greased cake pans in moderate oven 375 degrees F. 30-35 minutes.

ANGEL FOOD CAKE

½ cup all purpose flour
3 tablespoons Cream corn starch
1 cup Staley's Crystal White Syrup
½ cup sugar
¼ cup water
1 cup egg whites (8-10)
¼ teaspoon salt
1 teaspoon cream of tartar
½ teaspoon vanilla
½ teaspoon almond

Sift flour and corn starch once, measure and sift four more times. Add water to sugar. Heat and when dissolved add syrup. Boil until it spins a thin thread (238 degrees F.) Cool to 180 degrees F. (10-15 minutes). Add salt to egg whites and beat until foamy. Add cream of tartar and beat until stiff enough to hold up in peaks but not dry. Pour syrup into egg whites slowly, beating constantly. Fold in flour and add flavoring. Bake in greased tube pan in a slow oven 325 degrees F. 1 hour. Remove from oven and invert pan until cool.

FRUIT CAKE

1 cup butter or other shortening
2 cups brown sugar
6 eggs
1 cup Staley's sorghum syrup
1 cup coffee
4½ cups flour
2 teaspoons soda
½ teaspoon cloves
1 teaspoon nutmeg
1 teaspoon allspice
2 teaspoons cinnamon
2 pounds raisins
1 pound dates
½ pound figs
2 pounds currants
½ pound candied lemon peel
½ pound candied orange peel
½ pound citron

Cream the butter and sugar together. Add the slightly beaten eggs. Heat the coffee, mix with the sorghum syrup and add alternately with the flour sifted with the soda and spices. Add the chopped fruit and pour into well greased pans (2 or 3 loaves). Cover tightly with greased paper and steam three hours. Then bake an hour and a half in a slow oven 250 degrees F. Makes about 10 pounds.

WHITE LAYER CAKE

½ cup shortening
⅔ cup Staley's Crystal White Syrup
½ cup sugar
2 cups cake flour
3 teaspoons baking powder
3 egg whites
1 teaspoon flavoring extract

Sift flour, measure, add baking powder and sift through again. Cream the shortening, add sugar, beating well. To this add alternately with the dry ingredients the Crystal White Syrup. Add flavoring extract. Lastly fold in the stiffly beaten egg whites. Pour into layer cake pans with oiled paper in the bottom. Bake about 20 minutes in a moderate oven until brown (350° F.)

When recipes call for Cream Corn Starch and it is not available, Staley's Corn Starch will give satisfactory results in any of the recipes in this book.

MAPLE SYRUP CAKE

¼ cup butter
⅓ cup sugar
½ cup Staley's Maple Flavored Syrup
1 cup milk
2 eggs
2½ cups pastry flour
¼ teaspoon salt
4 teaspoons baking powder
¼ teaspoon ginger

Cream the shortening and sugar. Add well beaten egg yolks then add the sifted dry ingredients alternately with the milk. Fold in the stiffly beaten egg whites. Put oiled paper in the bottom of cake pan but do not oil sides. Bake ½ hour in a moderate oven (350° F.). Ice with maple frosting.

ORANGE CAKE

1 cup Staley's Golden Table Syrup
½ cup shortening
2 eggs
½ cup lukewarm water or milk
1 orange (juice and grated rind)
2 cups flour
½ cup whole wheat flour
1 teaspoon soda
1 teaspoon ginger
½ teaspoon allspice

Mix together all wet ingredients; then add the dry ingredients which have been sifted together. Mix well and pour in shallow pan. Bake 35 minutes in a moderate oven (350°F). Take from the oven, brush over with melted butter and sprinkle over with sugar mixed with powdered cinnamon and return to the oven 5 minutes.

FROSTINGS *and* FILLINGS

Frosting used to be an uncertain matter. You were just lucky if it was exactly thick enough to spread on the cake without either running or sugaring.

The use of corn syrup, however, in combination with sugar in the preparation of syrup, which forms the foundation of many frostings makes results perfectly certain. Not only will your frosting be easy to make and to spread properly but it will also keep soft as long as there is any cake left.

Any one of the four syrups of various flavors may be used in making frosting.

In the following recipes the temperature to which syrup should be cooked is given. A confectioner's thermometer eliminates the necessity of judging when syrup spins a good thread but you will find the thread test satisfactory. Several fillings for cakes and pies, thickened with Cream corn starch are included in this section.

FUDGE FROSTING

Use recipe for fudge on page 27.

Remove from fire when a temperature of 236 degrees F. is reached or a very soft ball is formed when syrup is tried in cold water and stir until thickens enough to spread.

CARAMEL FROSTING

Use recipe for Penoche on page 28.

Remove from fire when a temperature of 234 degrees F. is reached or a very soft ball is formed when syrup is tried in cold water. Stir until thick enough to spread.

BOILED FROSTING

2 cups sugar
½ cup water
3 tablespoons Staley's Crystal White Syrup
2 egg whites
1 teaspoon flavoring

Put sugar, water and syrup into a saucepan and stir over fire until dissolved. Cover and cook three minutes. Uncover and cook until syrup spins a long thread, 240 degrees F. Pour over stiffly beaten egg whites, flavor, set bowl in hot water, and beat until thick enough to spread.

COCOANUT CREAM FILLING

½ cup sugar
2 tablespoons Cream corn starch
½ teaspoon salt
2 eggs
¾ cup scalded milk
½ cup Staley's Golden Table Syrup
1 teaspoon butter
½ teaspoon vanilla
¾ cup cocoanut

Mix sugar, corn starch, salt and beaten eggs, pour in gradually the scalded milk. Add syrup and cook in double boiler, stirring constantly until thick and smooth. Add butter, vanilla and cocoanut. Use this amount for Boston Cream cake. Double quantity for pie filling.

EIGHT MINUTE FROSTING

1 cup sugar
3 tablespoons water
2 tablespoons Staley's Golden Table Syrup
1 egg white unbeaten
1 teaspoon vanilla or other flavoring

Place all ingredients, except flavoring into top of double boiler and have water in under part boiling rapidly. Beat eight minutes over boiling water, remove from heat, and add flavoring. Beat for a minute more, or until thick enough to spread.

SOFT CHOCOLATE FILLING

3 squares chocolate
¼ cup cold water
½ cup sugar
1 ½ cups milk
½ cup Staley's Golden Table Syrup
3 tablespoons Cream corn starch
2 tablespoons cold water
1 tablespoon butter
¼ teaspoon salt
1 teaspoon vanilla

Cut chocolate into pieces and put with water in sauce-pan. Stir over direct heat until smooth. Add sugar, syrup and milk and bring to boiling point, stirring constantly. Mix corn starch and salt with water and add slowly to first mixture, stirring until thick and smooth. Remove from fire, add butter and vanilla. Cool and spread. Use as filling for pie or cake filling and frosting.

MAPLE CREAM FILLING

½ cup sugar
2 tablespoons Cream Corn Starch
⅛ teaspoon salt
2 eggs
½ cup scalded milk
½ cup Staley's Maple Flavored Syrup
1 teaspoon butter
1 teaspoon vanilla

Mix sugar, corn starch, salt and beaten eggs, pour on the scalded milk and add syrup. Cook in double boiler until thick and smooth, stirring constantly. Add butter and flavoring. Use this amount for Boston cream cake. Double quantity for pie filling.

CREOLE SAUCE

1 cup Staley's Golden Table Syrup
2 lemons (juice)
2 tablespoons butter

Cook the syrup and butter together for five minutes. Take from fire and add the lemon juice. Vinegar may be used in place of lemon juice.

FROZEN DESSERTS

Frozen desserts, especially those which need not be freezer-turned, are becoming more and more popular. Staley's Syrup has the special property of giving a smoothness to the texture of such dishes, which are then frozen in the trays of the automatic refrigerator or packed in a tightly covered mold, surrounded by salt and ice.

To many of these desserts, the sweet sauces to be found in the section "Frostings and Fillings" will be an addition.

FROZEN APRICOT PUNCH

1 cup Staley's Crystal White Syrup
½ cup sugar ⅓ cup orange juice
Juice and grated rind of 1 lemon
1 can apricots and juice put through a sieve
1 cup water Few grains salt

Combine all ingredients, transfer to ice cream freezer. Freeze using 4 parts of ice to 1 part salt. Turn crank slowly at first then more rapidly as it begins to freeze.

CHOCOLATE ICE CREAM

1 square chocolate
¼ cup cold water
½ tablespoon Cream corn starch
⅛ teaspoon salt
⅓ cup sugar
1 cup milk
½ cup Staley's Golden Table Syrup
1 teaspoon vanilla
½ cup cream whipped

Cut chocolate into pieces. Add ¼ cup cold water and stir over low fire. Mix corn starch, salt and sugar with ¼ cup of the milk and add to chocolate mixture, and slowly add the rest of the milk. Cook until well blended, stirring constantly. Remove from fire and cool. Add syrup and vanilla, mix well, and fold in whipped cream. Turn into freezing tray of Automatic refrigerator and freeze 3-4 hours or put in a small mold, cover tightly, pack in salt and ice. (1 part salt to 3 parts ice).

MAPLE ICE CREAM

1 cup cream (whipped)
⅓ cup Staley's Maple Flavored Syrup
2 egg whites
⅛ teaspoon salt
1 teaspoon vanilla

Whip cream, add syrup. Add salt to egg whites, beat until stiff, and add vanilla. Fold into cream mixture. Turn into freezing tray of Automatic Refrigerator and freeze from 3-4 hours or put in a small mold, cover tightly pack in salt and ice (1 part salt to 3 parts ice).

RED RASPBERRY ICE CREAM

1 cup berries
⅓ cup Staley's Crystal White Syrup
3 tablespoons sugar
1 egg white
½ cup cream (whipped)

Crush berries, add syrup and one half of the sugar. Fold in whipped cream. Turn into freezing tray of Automatic refrigerator and freeze 3-4 hours or put in small mold, cover tightly, pack in salt and ice (1 part salt to 3 parts ice). Other fruits may be used in the same way.

DELICIOUS FROZEN CUSTARD

1 quart milk
1½ cup Staley's Crystal White Syrup
¼ teaspoon salt
3 tablespoons Cream corn starch
4 egg yolks or 2 whole eggs
1 teaspoon vanilla

Scald the milk with Crystal White Syrup in double boiler. Blend cornstarch with a little cold milk and stir into first mixture. Stir until it thickens, then cook for 15 minutes. Beat eggs and salt, dip up some of hot mixture and stir into eggs then add them, stirring for 2 minutes. Strain, chill, add vanilla and freeze using 4 parts of ice to 1 part salt.

SORGHUM MOUSSE

4 eggs
1 cup Staley's Sorghum Flavored Syrup
2 tablespoons orange juice
½ teaspoon cinnamon
Pinch of salt
1 pint of cream

Whip the cream and place in the refrigerator until needed. Beat eggs very light, add Staley's Sorghum Flavored Syrup and cook in doubler boiler stirring constantly until it thickens. Be careful not to cook too long or it will curdle. Place in a pan of ice and stir until creamy and cool. Add orange juice, cinnamon and salt. When well blended, fold in the stiffly whipped cream. Fill mold and pack. Use 4 parts ice to 1 part salt.

COOKIES

Cookies are crisp and tender when made with a combination of bread flour and cornstarch. You will like this idea applied to any of your own cookie recipes as well as in this special group. Just substitute ¼ cup to ½ cup of cornstarch for twice that amount of flour and sift with the remaining flour in your favorite recipe.

ICE BOX COOKIES

½ cup brown sugar
½ cup Staley's Golden Table Syrup
2 eggs well beaten
½ cup melted shortening
3 cups flour
¾ cup Cream corn starch
½ teaspoon salt
½ teaspoon soda

Blend sugar and syrup. Add well beaten eggs and melted shortening. Sift flour, corn starch, salt and soda, and add to first mixture. Make a thick roll of the dough and wrap in wax, parchment or Cellophane and place in refrigerator to chill. Cut with a sharp knife as needed and place on a baking sheet. Bake in a moderate oven 400 degrees F. five to seven minutes or until brown.

BROWNIES

½ cup shortening
½ cup white sugar
½ cup Staley's Sorghum Flavored Syrup
2 squares melted chocolate
1 egg
¾ cup flour
2 tablespoons Cream corn starch
Salt
¾ cup cut pecan nuts

Cream shortening and sugar together add syrup, beaten egg and chocolate. Sift flour, corn starch and salt and add to creamed mixture. Add nut meats. Bake in greased shallow pan in moderate oven 350 degrees F. thirty minutes and cut into squares while hot.

GRANDMA'S SYRUP COOKIES

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 egg
½ cup Staley's Crystal White Syrup
¼ cup shortening
1 teaspoon vanilla

Blend melted shortening and syrup. Add egg well beaten, vanilla and sifted dry ingredients. This will be soft but handled dexterously, rolled lightly on a well floured board, it can be cut. These cookies may also be dropped from the tip of a spoon. Sprinkle a little sugar on top and bake in a moderate oven until delicate brown (350° F.)

ROCKS

½ cup shortening
½ cup brown sugar
½ cup Staley's Golden Table Syrup
2 eggs (well beaten)
½ cup sour milk
2½ cups all purpose flour
½ cup Cream corn starch
¼ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon cloves
½ teaspoon soda
1 cup oatmeal
1 cup raisins

Cream shortening with brown sugar and add syrup. Add well beaten eggs. Sift flour, corn starch, soda and spices and add alternately with milk. Add oatmeal and raisins and mix well. Drop by spoonfuls onto greased baking sheet and bake in moderate oven 375 degrees F. fifteen minutes.

HERMITS

Use recipe for Rocks.

Decrease flour into Rock recipe to 2 cups. Drop the soft mixture by the tablespoonful into the baking sheets and bake 10 minutes in a moderate oven 375 degrees F.

DOUGHNUTS

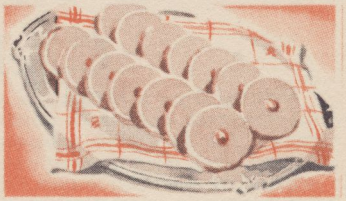
⅔ cup Staley's Crystal White Syrup
3 tablespoons shortening
6 tablespoons sugar
2 eggs
⅔ cup milk
5 cups flour
4 teaspoons baking powder
½ teaspoon nutmeg
1 teaspoon salt

Cream together the first three ingredients, add eggs well beaten, then the sifted dry ingredients alternately with the milk. Roll out ¼ inch thick on well floured board. Cut, fry in deep fat. Drain on absorbent paper. Dust with powdered sugar.

GINGER COOKIES

2 cups flour
½ cup Cream corn starch
1 teaspoon salt
3 teaspoons ginger
½ cup Staley's Sorghum Flavored Syrup
½ cup boiling water
½ cup butter or other shortening
¾ cup brown sugar

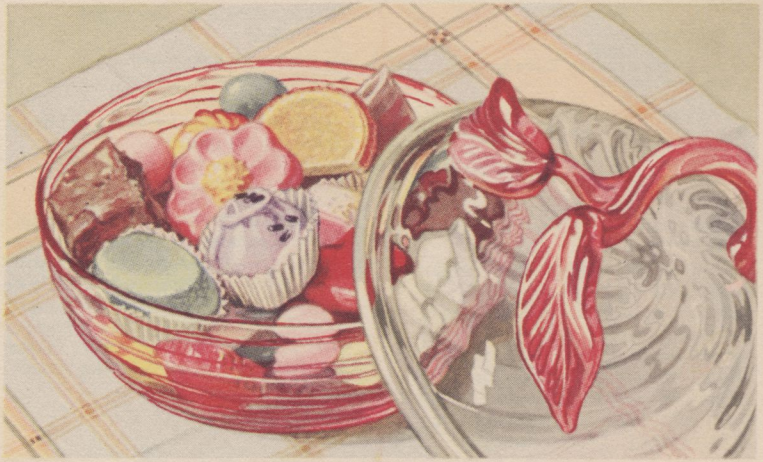
Sift flour and add salt and ginger. Heat sorghum syrup, water, shortening and sugar to boiling point. Add flour mixture and mix thoroughly. Chill. Turn onto floured board and roll. Cut into rounds and place on baking sheet. Bake in moderate oven 375 degrees F; seven minutes.



ALL BRAN DOUGHNUTS

1 tablespoon shortening
½ cup Staley's Crystal White Syrup
1 egg
1½ cups bran
¼ cup milk
1½ cups flour
2 teaspoons baking powder
1¼ teaspoons salt

Cream shortening and syrup, add egg well beaten. Add sifted dry ingredients and bran alternately with the milk. Roll the dough ¼ inch thick, cut, fry in deep fat, drain on absorbent paper.



CANDIES

Perhaps there is nothing for which Staley Syrups are as indispensible as for homemade candies, to which they contribute smoothness and absolutely certain results. While temperatures are given for the use of the sugar thermometer, all of these recipes can be made successfully through the "Cold water" test described in each recipe.

Whether you are making up holiday candy to pack gift boxes, special party confections or a batch of homemade candy, you will find just the right recipe in this syrup.

FONDANT

2 cups sugar
½ cup water
2 tablespoons Staley's Crystal White Syrup

Put all ingredients into a sauce pan and stir until sugar is dissolved. When boiling, cover for two minutes. Remove cover and cook to 238 degrees F. or until a soft ball is formed when mixture is tried in cold water. Pour at once onto a greased slab or a cold platter. When mixture crinkles at edges when touched, stir with a wooden spoon until creamy. Knead with the hands until smooth. Wrap in waxed, parchment or Cellophane and put away to ripen a day or two before making into bonbons. If fruitpatties are to be made from the fondant it may be used at once.

MINT WAFERS

Melt desired amount of fondant. Flavor to taste with a few drops of oil of mint and color with a few drops of green coloring. Drop on an oiled slab or platter or waxed, parchment or Cellophane paper.

BON BONS

Divide fondant into portions. Flavor to suit taste with vanilla, orange, lemon or peppermint flavoring. Form into balls and dip in melted vanilla fondant or in melted dipping chocolate.

FRUIT WAFERS

Melt a portion of the fondant in double boiler over hot water. Do not allow water to boil. Flavor to taste, with orange or lemon juice and grated rind, or fresh strawberry or raspberry juice. Drop quickly onto an oiled slab, a platter or onto waxed, parchment or Cellophane paper.

FUDGE

3 cups sugar
½ cup Staley's Golden Table Syrup
3 squares chocolate
½ cup milk
3 tablespoons butter
1½ teaspoon vanilla

Mix sugar, syrup, milk and chocolate cut in pieces in a heavy two-quart sauce pan. Stir over fire until sugar and chocolate are dissolved. Cook over a low fire to 238 degrees F. until the syrup forms a soft ball when tried in water. Remove from fire and stir in butter and vanilla. Set pan in cold water to cool until mixture is thick and spoon will stick to the bottom of pan when mixture is stirred. Stir until thick and creamy. As soon as the mixture begins to lose its shine, pour into a greased pan, cool and cut into squares. Cut marshmallows or nuts may be stirred into the mixture before it is poured, or they may be arranged in a pan and fudge may be poured over them.

MOLASSES TAFFY

Put two cups Staley's sorghum flavored syrup into a heavy sauce pan and boil to 248 degrees F. or until syrup will "crack" and break when tried in cold water. Pour into a large greased shallow pan. Cool in cold water. Turn edges toward center as they harden. Pull until golden color and cut with scissors into pieces. Wrap in parchment, waxed or Cellophane paper. If a lighter taffy is desired stir in ½ teaspoon of soda after removing syrup from stove.

ENGLISH BUTTERSCOTCH

Follow directions for taffy but cook syrup to 250 degrees F. or until very brittle when tried in cold water. Add ¼ cup of butter and pour into a greased pan to cool and harden. Break into pieces.

BUTTERSCOTCH PATTIES

Drop butter-scotch mixture in rounds onto a greased metal surface and remove when almost hard. A nut meat may be placed in center of each patty as soon as it is dropped.

HARD POP-CORN BALLS

2 cups Staley's Sorghum Syrup
1 tablespoon vinegar
2 tablespoons butter
3 quarts popped corn
1 teaspoon salt

Put sorghum and vinegar into a heavy saucepan and cook 250 degrees F. or until brittle when tried in cold water. Add butter and salt. Pour over popped corn, or Rice Krispies, Puffed Wheat or Rice and mix well. Form into balls with the hands, using as little pressure as possible.

PEANUT BRITTLE

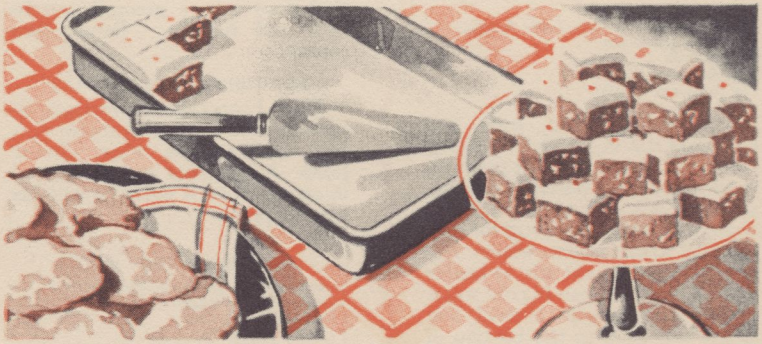
1 cup Staley's Golden Table Syrup
1 cup sugar
½ cup water
½ teaspoon soda
2 tablespoons butter
½ cup shelled cut peanuts

Stir syrup, sugar and water together over a low flame until dissolved. Boil without stirring to 280 degrees F. until the syrup becomes very brittle when tried in cold water. Stir in quickly soda and butter, then the peanuts. Pour onto a greased slab or inverted pan. Do not scrape pan. Smooth out with a knife, lift and pull out into a thin sheet with hands.

PENOCHE

1 cup light brown sugar
1 cup granulated sugar
½ cup Staley's Golden Syrup
½ cup milk
2 tablespoons butter
1½ teaspoons vanilla

Put sugar, syrup and milk into a sauce pan and stir until dissolved. Cook to 236 degrees F. until a soft ball will form when syrup is tried in cold water. Remove from fire, cool pan in cold water until spoon will stick to the bottom of pan when mixture is stirred. Add butter and vanilla. Stir until thick and creamy. Pour into pan, cool and cut into squares.



CARAMEL NUT PRALINES

1 cup brown sugar
½ cup Staley's Crystal White Syrup
2 cups pecan meats
1 cup cream
2 tablespoons butter
½ teaspoon vanilla

Boil sugar, syrup, cream and butter stirring constantly or until a soft ball is formed in cold water. Add vanilla. Pour over the nuts and stir until it is so stiff you cannot stir. Drop from tip of spoon into small piles on buttered pans, pressing into shape with hands. Wrap in oiled paper.

Insist on "Staley's" When You Buy Syrup or Starch

Don't be satisfied until you have actually tried Staley's Syrups and Starches. Discover for yourself how good they are.

If your grocer does not have Staley's Starches or Syrups, he can easily get them for you. Insist that he do so, for you will quickly recognize the better flavor of the syrups and the superior quality of the starches. If your Grocer has any difficulty in obtaining "Staley's" please write to us and send us his name.

Golden Table and Crystal White Syrup have the important approval of the Committee on Foods of the American Medical Association. These two flavors are highly recommended for infant feeding.

Staley's Syrups in four delicious flavors and Staley's Food Starches have been tested, and approved by the Good Housekeeping Institute, Bureau of Foods, Sanitation and Health. Every woman knows how much this approval means. It is conclusive reason why you should always ask for "Staley's."

When recipes call for Cream Corn Starch and it is not available, Staley's corn starch will give satisfactory results.

STALEY SALES CORPORATION, DECATUR, ILLINOIS

Ask Your Grocer..

TABLE OF CONTENTS

Page

Breads (Hot)

Biscuits with Cheese 5
Bran Muffins 6
Fluffy Biscuits 7
Fritter Batter 8
Plain Muffins 8
Rich Muffins 8
Russian Griddle Cakes 6
Southern Gingerbread 6
Waffles 6
Whole Wheat Nut Bread 8

Cake

Angel Food Cake 19
Devils Food Cake 18
Fruit Cake 19
Maple Syrup Cake 20
Orange Cake 20
Sponge Cake 18
White Layer Cake 19

Candies

Bon Bons 27
Butterscotch Patties 27
Caramel Nut Pralines 28
English Butterscotch 27
Fondant 26
Fruit Wafers 27
Fudge 27
Hard Pop-Corn Balls 27
Mint Wafers 26
Molasses Taffy 27
Peanut Brittle 28
Penoche 28

Cookies

All Bran Doughnuts 25
Brownies 24
Doughnuts 25
Ginger Cookies 25
Grandma's Syrup Cookies 24
Hermits 25
Ice Box Cookies 24
Rocks 25

Cream Soups

Cream of Vegetable Soup 12
Mushroom Soup 12
Standard Recipe for Cream Soups 12

Page

Desserts

Apricot Pudding 16
Baked Apples 17
Blanc Mange 15
Chocolate Corn Starch Pudding 16
Cinnamon Apples 15
Corn Starch Pastry 17
Glaze for Fruit Tartlets 17
Lemon Meringue Pie 17
Pineapple Pudding 16
Prune Pudding 16
Staley's Surprise Pie 17
Stewed Apricots 16
Stewed Prunes 17

Frostings and Fillings

Boiled Frosting 21
Caramel Frosting 20
Cocoanut Cream Filling 21
Creole Sauce 21
Eight Minute Frosting 21
Fudge Frosting 20
Maple Cream Filling 21
Soft Chocolate Filling 21

Frozen Desserts

Chocolate Ice Cream 23
Delicious Frozen Custard 23
Frozen Apricot Punch 22
Maple Ice Cream 23
Red Raspberry Ice Cream 23
Sorghum Mousse 23

Luncheon Dishes

Baked Beans 10
Candied Sweet Potatoes 10
Corn Oysters 10
Crab Bisque 10
Creamed Chicken 9
Glazed Beets 9
Macaroni with Cheese 10
Meat Croquettes 9
Sea Food Croquettes 9

Sauces

Brown Gravy 13
Caramel Sauce 13
Tomato Sauce 13
White Sauce 13